



NUTRI*NEWS*

VOLUME 37 | FEBRUARY 2018

SOCIAL INFLUENCES MAY BE HOLDING YOU BACK FROM YOUR GOALS

The people you associate
with may have an impact on
your waist line

inside: NUTRI *RECIPES*

Featuring recipes that follow
the Mediterranean Diet!

AROMATICS: THE FOUNDATION OF FLAVOR

Explore simple ways in
which aromatics can
provide more flavor and
depth to minimize the
excessive use of salt,
sugar, and butter

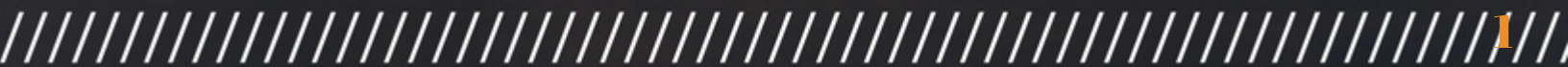


UNIVERSITY OF NORTH FLORIDA
DEPARTMENT OF NUTRITION AND DIETETICS



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meet the team

WHAT OR WHO INSPIRED YOU TO ASPIRE A DEGREE WITHIN THE NUTRITION FIELD? HOW DID YOU KNOW IT WAS THE RIGHT PATH FOR YOU?



Sara Boyd
EDITOR IN CHIEF

"In 2011, my dad was diagnosed with Stage 4 prostate cancer and was given 5 years to live. He became very aware of what he was putting in his body and began to inform me on how nutrition can negatively (or positively) have an impact on your everyday life. From there, I began to do my own research and decided that nutrition had become my passion and I wanted to make it a mission in my life to not only help myself but, others around me. "



Sarah Boroski
CO-EDITOR IN CHIEF

"What inspired me to get a degree in the nutrition field was my love for sports as well as my first nutrition course I took in college. My gymnastics coaches had always emphasized on eating healthy so our body's were in better shape. Since then have stemmed away from Sports Nutrition and am more interested in the psychological part of nutrition as well as, neuro, eating disorders, and long-term care.

I knew I was on the right path when I found studying fun and interesting and made me want to keep learning."



Jenna Wallace
SOCIAL NETWORKING
DIRECTOR

"I have always loved food. When I first entered college, I became even more interested in healthy, easy-to-make food. I combined by passion for photography and writing with healthy food, and decided to pursue an evidence-based major to complement this trio. Now, I have the skills to produce nutritionally complete, beautiful, and tasty meals to share through Instagram and my blog!"



Stephanie Jean
MANAGING EDITOR
SOCIAL NETWORKING
MANAGER

"It wasn't until after I graduated with my B.S. in Health Science from the University of South Florida and began working with a Medicare insurance company, that I realized how dynamic nutrition was. Our patients were being admitted to the ER at alarming rates and their medical bills seemed unbearable. Based on their diagnosis, I began to consider how their risk for disease could be minimized. I did my own research and found an abundance of research that mentioned nutrition as a common factor to decrease risk and control symptoms. I wanted to learn more about all that the field had to offer, which is what led me to enroll in the Nutrition and Dietetics program here at UNF."



Elizabeth Salinsky
MANAGING PUBLISHER

"Throughout high school, I played sports year-round. I was in really good shape, so I never thought twice about my eating habits. When I moved to Jacksonville after high school, and stopped playing sports and working out, I had a harsh reality check about what I was putting in my body. Once I tweaked my diet and lifestyle, I fell in love with how well I felt. Although my interest in the field was very little, it was enough for me to pursue my passion and want to learn more so that I can help others."



Michelle Wolff
SOCIAL NETWORKING CHAIR

"My passion for nutrition developed shortly after I began running in middle school. Once I started to compete competitively, I started to notice what a huge effect it had on how well I performed and recovered. I became more intrigued about figuring out what works for me, and more so the holistic side of it. From there I became very interested in gut health/microflora, eating disorders, and disease prevention and knew it was something I wanted to pursue."



Jenn Wihlborg
VOLUNTEER DIRECTOR

"My mother inspired my passion for the nutrition field. She was diagnosed with Primary Progressive Multiple Sclerosis (PPMS) when I was young but I had never become curious about the disease until I was a teenager; It was at this time that I began thinking about how I wanted to help people in various disease states. After doing some research and finding out how nutrition can both prevent and treat disease, I instantly knew this was the field for me."



updates

Student Nutrition and Dietetic Association

We hope everyone's semester is off to a good start. It finally feels as though seniors are submitting DICAS and other applications and the excitement of spring semester is upon us! Juniors, now is the time to start getting involved in those special experiences to really make you stand out when it is time to do your applications. Get involved in clubs and organizations on and off campus!

This year, SNDA will be partnering up with the Nursing Association in planning the annual Brooks College Health Fair! The event will be held on Thursday, March 8th from 10am to 2pm. Each of the departments within the Brooks College of Health will be there to represent their programs. There will also be various UNF clubs and community organizations contributing to this awesome event to promote and celebrate a healthy campus at UNF! Be sure to mark your calendars for this event and come out to show your support!

In addition to the Health Fair, we are also gearing up for National Nutrition Month in March. Dates and events have just been finalized for the entire month of March. Almost every day during the month, there will be an event held around campus! SNDA will be hosting Meatless Mondays, a cooking demo, and contests! Stay tuned for more details.



@UNFSNDA

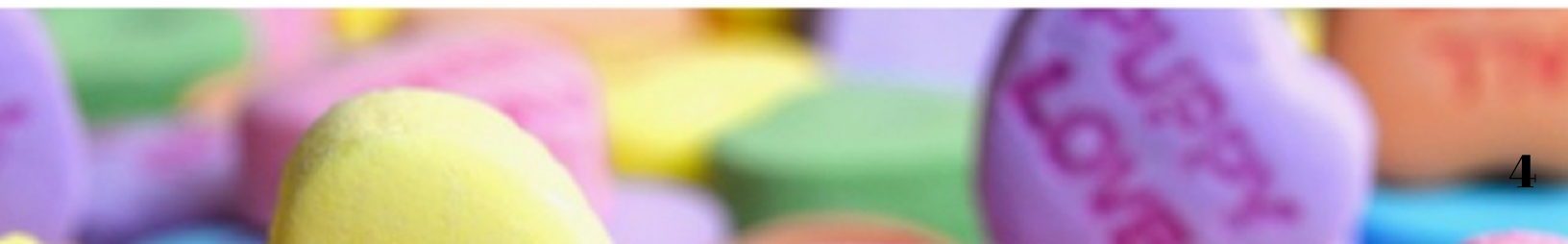


@unf_snda



Brittany Mock

SNDA PRESIDENT





Nutrition Journal Club

updates

Hello NJC Members!

We know it is a busy month for Seniors applying to internships, but we hope you can still make time to swing by our meetings! We have tons of new ideas this semester that we can't wait to share with you as well as guest speakers, activities and new sponsors for snacks and prizes!


See you soon!
- The NJC Team



@unfjournalclub
or search "UNF Nutrition Journal Club"



@unf_njc



February

NUTRITION UPDATES



By
Michelle
Wolff

Food: Dairy Free Yogurt

Dairy free diets have been popular for a while now whether it be for someone with a lactose allergy, or someone giving into a new craze. Either way, dairy free alternatives have been on the rise and there's no sign of it stopping anytime soon. Yogurt is a food enjoyed by many, popularly for breakfast with some fruit and granola. Moving away from traditional cow milk yogurt, there is now coconut, soy, and nut yogurts making the options endless! Although many worry about the low protein content typically found in these yogurt alternatives, there may be other benefits that make up for the loss. While cows milk yogurt has no fiber, coconut, soy, and almond yogurt all contain around 3 grams of fiber per serving. If your worried about the calcium content, most have both calcium and vitamin D added to them. Additionally, just like yogurt, they have live active cultures added to them so you can still get a healthy dose of probiotics. These alternatives can be enjoyed similarity to regular yogurt such as in a parfait, as a dip, or simply by itself!

Supplements: Moringa



Everyone loves a new superfood and this year may be the year for moringa. Moringa originates from the moringa oleifera tree which is a small tree that originated from India, but is now found in many parts of the world. The plant can grow in a variety of climates but does especially well in subtropical climates. The whole tree is considered edible and its long, twisted pods and leaves are considered the most nutritious parts to consume. The plant is full of vitamin A and vitamin C and contains generous amounts of zinc, iron, magnesium, and some B vitamins. Moringa is found to be high in many antioxidants which may help reduce inflammation. Additionally, it

contains flavonoids such as quercetin which is sometimes used as a natural antihistamine for its ability to stabilize histamine production in the body. Also, it has been shown that moringa may have positive effects on breast feeding. One study found that supplementing postpartum women with 250 mg of moringa leaf extract twice daily increased milk production starting at a 31% increase over placebo on day one, 48% on day two, and up to 165% increase by day three. Moringa leaves can be bought and steeped to make a tea, or one can simply buy it in a capsule form and take with a meal.

Wellness: Sleep Trackers

We have all been told we should be getting 8 hours of sleep a night, but who actually does? And even if one does, is it a “good” sleep? According to the National Heart, Lung, and Blood Institute, people with sleep deficiency have a greater risk of many health complications, including heart disease, kidney disease, high blood pressure, diabetes, stroke, and obesity. While many may reach for a sleep aid like Nyquil or melatonin, those are only quick fixes that don’t support healthy sleeping patterns. We are often told to put down our phones a couple hours before bed, but technology may now be the answer to getting more zzz’s every night. Sleep trackers work by creating the optimal environment for you to fall asleep by having temperature controls, sharing data about your REM stats, and creating solutions to help you wake up naturally. These sleep trackers can connect to your smart phone and send bio data straight to it. A study conducted with 6,100 Apple watch users found it might even be able to accurately detect hypertension and sleep apnea, making this product beneficial outside the bedroom. Sleep trackers can be a valuable product to combine with good nutrition and exercise to have the best night of sleep.

Beauty: Dry Brushing



Your skin is the largest organ of your body so it's no surprise that we should be doing our best to take care of it. Your skin cells are constantly being reproduced and the average person naturally sheds 30,000-40,000 dead skin cells every hour. Dry brushing is a way to further enhance this process and consists of taking a natural bristle brush and softly brushing over the entire skin of the body. The benefits go above and beyond expediting the shedding of dead skin cells including giving your skin a good exfoliation and unclogging your pores. In addition to external benefits, dry brushing has been shown to work inside by stimulating the lymphatic system. Your lymphatic system is responsible for removing toxins from the body, thus preventing you from getting sick. Dry brushing makes the skin clear and cleaner which makes it easier for the body to rid itself of toxins. Furthermore, studies have shown that dry brushing can help to reduce stress. One study done on patients with acute coronary disorders found that after dry brushing their whole body, their anxiety reduced and vital signs stabilized. Dry brushing should be done no more than twice a week, in a gentle motion, and towards the heart.

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Start Dry Brushing to Reduce Cellulite + Toxins. Dr. Axe Website. <https://draxe.com/dry-brushing/>. Accessed January 5th, 2018.
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fun facts

VALENTINE'S DAY EDITION



Despite their small size, the average strawberry contains 200 seeds



Cherries actually belong to the rose family, making them an even more passionate fruit than we had originally thought



The avocado isn't just an excellent source of protein and healthy fat, this fruit is also an Aztec symbol of love and fertility. As if that wasn't romantic enough, they also grow in pairs. Isn't that sweet?



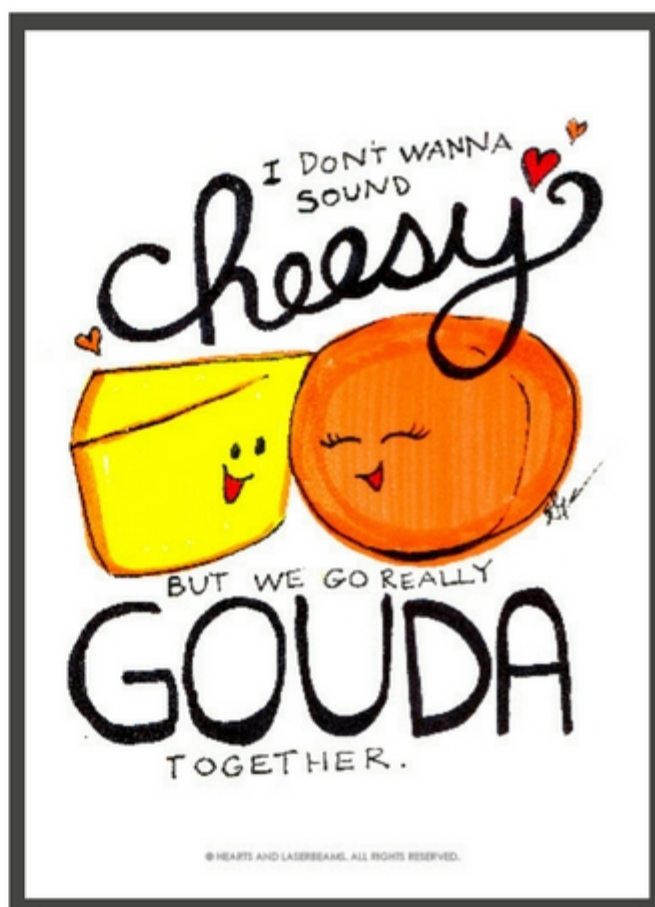
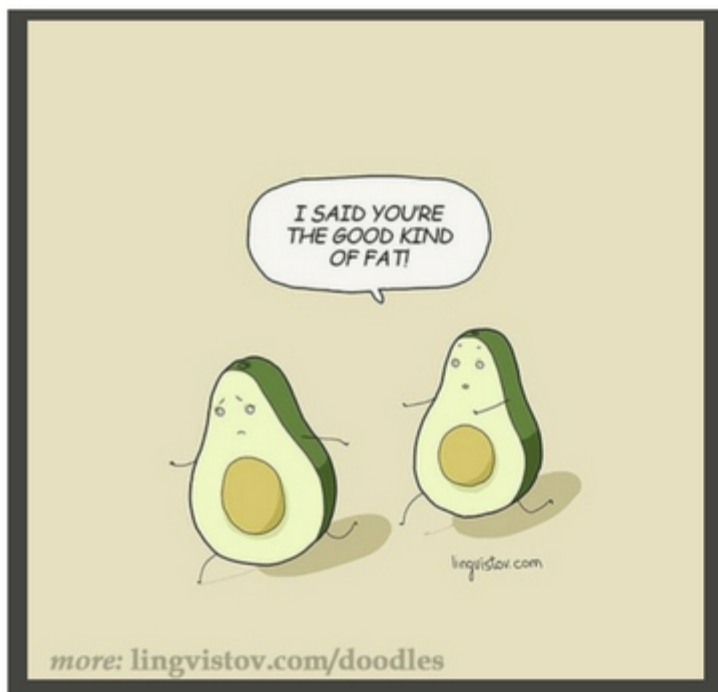
Honey is the only food that includes all the substances necessary to sustain life, including water. How sweet!



In Greece, a pomegranate is believed to bring good luck, fertility, and abundance. Now that is an excellent Valentine's Day gift



SUBMITTED BY
SHANNON MCCARTHY



STUDENT CONCENTRATIONS

“MANY OF US LOVE THE NUTRITION PROGRAM AT UNF. BETWEEN THE VAST AMOUNT OF COMMUNITY OPPORTUNITIES, AWESOME CLUBS, AND KNOWLEDGEABLE FACULTY, IS THERE ANYTHING ELSE YOU WOULD LIKE TO SEE MORE OF WITHIN THE PROGRAM?”

By Brittany Mock

STUDENT #1

“I am really thankful for all of the learning and networking opportunities I have had throughout my time in the nutrition program. There is so much going on all of the time! Within the program itself, I would love to see a greater emphasis on more concentrated nutrition information covered in the first two years of classes, before entering the program sequence.”



STUDENT #2

“This question was really hard because I have been so pleased with everything our teachers and peers have done to make the nutrition program feel like a community. One thing I would like to see is a continuation of all the success in the existing clubs. I am worried since most of the clubs are seniors, their success will disappear when they graduate. I would love to see some juniors take all the success from these clubs and add their own flair.”

STUDENT #3

“The Nutrition and Dietetics program at UNF is probably as well-rounded and impressive as it could be! Yet if there was anything else I’d like to see in the program, it would be the option to take an elective of choice, for example, a sports nutrition class, or a holistic nutrition class. Exposure to a particular interest prior to the actual internship might be really beneficial for students to figure out what path they’d like to pursue.”



By Tyler Gehm

CITRULLINE MALATE

THE BODY BUILDER'S FATIGUE FIGHTING, MUSCLE PUMPING FRIEND

Citrulline Malate is a supplement that has gained popularity over the past decade as an excellent ergogenic aid for body building. It is composed of two molecules: L-citrulline and malate, which is the salt form of malic acid that enhances the bioavailability of L-citrulline. L-citrulline is a nonessential amino acid that is a key player of the urea cycle, which rids the body of ammonia. When used as a sports supplement, citrulline malate can increase endurance, reduce muscle fatigue, increase vasodilation and nitric oxide production.

When citrulline is in the blood plasma; the body converts it into L-arginine, which is then synthesized into nitric oxide. Nitric oxide is a vasodilator, which allows for increased blood flow and nutrient delivery to the muscles during exercise. This allows for reduced muscle fatigue, faster recovery rates, an increased use of glucose, and an increased muscle pump.

This increase in blood flow not only helps deliver oxygen and nutrients more quickly, but also carries away toxins at an increased rate. When excess

amounts of citrulline are consumed, the urea cycle speeds up and can clear away ammonia much more quickly. This will allow for a delay in lactic acid and ammonia build up during strenuous muscle building exercises, providing the ability to achieve more work in the gym. A study conducted in Spain observed the effects of citrulline malate enhancing weight lifting performance and muscle recovery. The study observed the effects of a single dose of citrulline malate on 41 athletes conducting a pectoral training

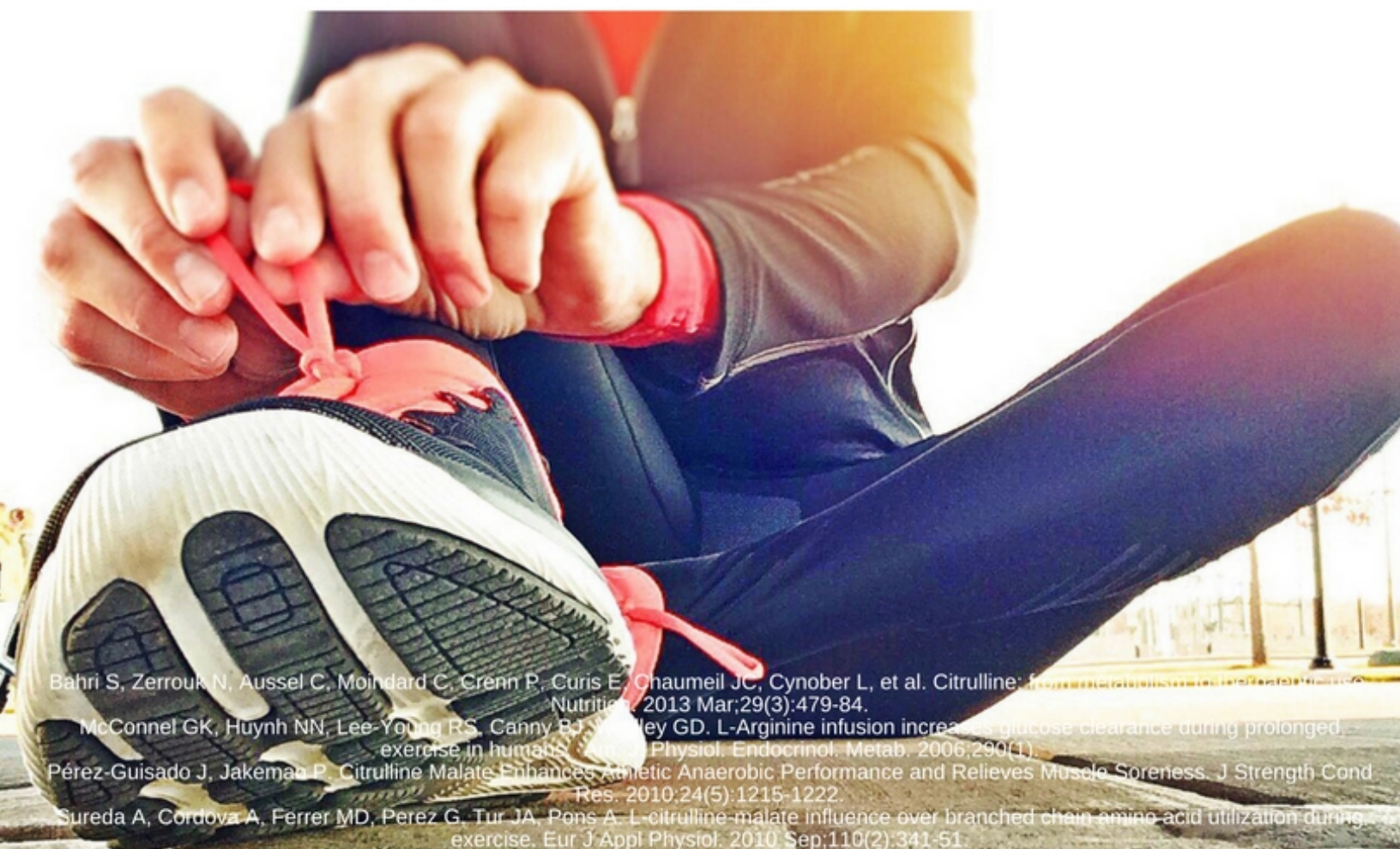
SUPPLEMENT SHELF: CITRULLINE MALATE

session utilizing a flat bar for bench pressing. The study utilizing a randomized, double-blind, 2-period crossover design. Eight grams of citrulline malate was given in one training session, while a placebo was provided for another. After the 3rd set; each participant showed notable increase in the repetitions per set, achieving up to 52.92% more repetitions than the placebo session. After the citrulline malate training session, the subjects showed up to a 40% decrease in muscle soreness at both 24 and 48 hours.

L-citrulline has been shown to be more effective in raising the blood plasma level of arginine than L-arginine supplementation. The liver does not break down L-citrulline at the same rate as L-arginine,

allowing for an extended period of arginine increase. Additionally, citrulline has the ability to enhance the use of other amino acids, especially during exercise.

When utilized as a pre-workout supplement, 6-8 grams of citrulline malate have been shown to have the maximum effect should be taken one hour prior to working out. There are no known side effects of citrulline malate at the recommended dosage. Be cautious of pre-workout mixtures that use less than 6 grams of citrulline malate per serving because you will not receive the optimal benefits.



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Sureda A, Cordova A, Ferrer MD, Perez G, Tur JA, Pons A. L-citrulline-malate influence over branched chain amino acid utilization during exercise. *Eur J Appl Physiol.* 2010 Sep;110(2):341-51.

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AROMATICS

THE FOUNDATION OF FLAVOR

By Stephanie Jean

One of the most fulfilling experiences from practicing a healthy diet is being able to explore a diverse range of natural foods that our earth has to offer. It wasn't until I spent more time with my own health when I realized the depth of flavor that natural ingredients provided. I began to rely less on salt, and more on aromatics to maximize the flavor of a dish. Aromatics are vegetables that deliver deep, rounded flavors and aroma when heated or crushed. They can be used simply for their rich flavor, or strategically used for their specific health promoting benefits. Either way, aromatics are staple ingredients that I keep in my household, and hopefully you can start to incorporate them into your diet as well!

These are some simple ways in which aromatics can provide more flavor and depth to minimize the excessive use of salt, sugar, and butter.

- Frozen vegetables are great to use in a pinch, but fresh vegetables will provide the best flavor and texture.
- To make meal prep even easier, chop aromatics beforehand and store them in an airtight container in the refrigerator.
- Chop veggies for even cooking. Depending on the size and thickness, vegetables will have varying cooking times. To compensate for this, chop heartier vegetables smaller and begin cooking before a quicker cooking vegetable, such as onions.
- Aromatics from onions and hot peppers can be very strong while cutting, so keep your hands away from your eyes and nose.
- To lighten up your dish without heavy amounts of fats and oils, sauté vegetables in a small amount of broth, oil, or water.

Since February is national heart awareness month, I provided a couple aromatics that will benefit your cardiovascular/heart health. You will be pleased to know that these are everyday ingredients that you probably use in your own diet, so you're most likely already doing your heart some good!

- Celery: Celery provides quercetin, a flavonoid with antioxidant, anti-inflammatory, and heart protecting properties. It can be cooked to release its savory flavor, or eaten raw with some peanut butter or dressing!
- Onions: Onions have high concentrations of allyl sulfides, which do their justice to fight heart disease and cancer. As a bonus, onions also provide inulin, vitamin C, fiber, folate, and manganese. Raw sweet onions and red onions are great in a salad, or sauté for a richer flavor.
- Garlic: Foods low in cholesterol are great for heart health. Garlic's phytochemical content is potentially cholesterol-lowering and cancer-fighting.

Wolfram T. Exploring aromatics. Eat Right Academy of Nutrition and Dietetics Web site. <http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/exploring-aromatics>. Updated 2017.



Interview by:
Jessica Bussey



faculty spotlight:

NELL ROBINSON, MS, RD, LD/N

This month, I had the opportunity to interview Nell Robinson, MS, RD, LD/N, Chair of the Division of Education Administration at Mayo Clinic and adjunct professor in the Department of Nutrition and Dietetics. Enjoy!

Jessica Bussey: You currently teach Management of Food and Nutrition Services I and II, and I see that you've been a faculty member at UNF since 1998! Have you consistently taught the same class?

Nell Robinson: When I began as an adjunct at UNF, I taught Food and Nutrition Services Management at the master's level. The accrediting body established new rules that in order to teach graduate courses, you have a PhD. At that point, I began teaching undergraduates. I have taught Nutrition Education, Basic Nutrition, Quality Management and Food and Nutrition Services Management I and II.

JB: What do you enjoy the most about education?

NR: I really enjoy facilitating student learning and watching students grow and develop into professionals.

JB: It appears that working as a clinical dietitian was just the starting point for an impressive career in the healthcare field. Tell me a little about your early career path.

NR: I began right out of graduate school as a clinical dietitian. While I enjoyed the patients, I was frustrated that I was not able to see the results of my work, as inpatients would receive care and then be discharged and I would never see them again. I accepted a position as an Administrative RD, where I was managing patient services-related positions. Then, my college roommate had moved to Jacksonville and told me that St. Luke's

needed an Assistant Director for its Food and Nutrition department. I hadn't really planned to leave North Carolina, but I interviewed, took the job, and moved to Jacksonville. That position was basically an extension of my North Carolina position, and I oversaw clinical RDs and everything patient-related. A few years later, the Food Service Director decided to leave, and I applied for her job.

JB: I see that you were also the Dietetic Internship Director at St. Luke's.

NR: I started the Dietetic Internship at St. Luke's when I was the Assistant Director. At the time, the closest internship programs were in Gainesville and Atlanta. We knew that Mayo Clinic was coming and that everyone needed to be credentialed, so we set up an internship at St. Luke's.

JB: As the former Dietetic Internship Director at St. Luke's, what advice do you have for current Nutrition & Dietetics seniors as the Spring Match comes closer?

NR: If you don't match the first time, don't give up! There are a lot of students who don't, and the fact that you might have to wait and reapply gives you an opportunity to beef up your resume and make yourself more attractive. It can be pretty devastating, but I've seen many, many excellent students over the years who didn't get matched, sometimes because they just didn't apply to enough places, sometimes because the competition was stiff. But don't give up! If this is your goal, don't let a bump in the road derail you. Use it as a chance to self-reflect and get out there and do things to enhance your chances for next time.

JB: How did you become involved with Mayo Clinic?

NR: When Mayo first came to Jacksonville, they didn't have inpatient care at the time, and they used St. Luke's before building their own hospital. I was invited to be

on a committee to bring more education to Jacksonville, and I did a presentation on developing the internship, which resulted in a job offer with Mayo. I had been a RD for 20-ish yrs at that point, and I don't like to maintain business as usual, so I left what was comfortable and became the Director of Medical Education at Mayo. I made that decision in 2001, and then accepted my current position as Chair of the Division of Education Administration in 2010.

JB: Did you always see yourself moving beyond clinical dietetics?

NR: Actually, no. I never thought I would be a clinical dietitian. With my master's degree, I had to do a thesis, and one of my professors had been chatting with local physicians about how hard it was to wean patients off of TPN. [To stimulate hunger], we took glucose out of TPN solution every 8 hours to allow blood sugar to fall to more replicate normal eating. I had to learn a tremendous amount about mixing TPN. We ended up not publishing the results because it took so long to get patients. I was always very clinical in my approach, and I didn't think I wanted anything to do with food service.

But, after I got into [clinical], I was bored. I just couldn't see how what I was doing mattered. It felt like a revolving door.

JB: You've definitely come a long way since then. To what do you attribute your professional growth?

NR: I have a natural curiosity. I like to learn and try new things! I've always been one to say yes to things, sometimes to a fault. But if you don't try new things, you don't grow.

JB: Did you always know that you wanted to study Nutrition?

NR: Actually, I started off as a Ballet major! I started dancing at age 12 and wanted to go to New York after high school, but my parents wouldn't let me. Our compromise was that I could go to school in Utah and major in dance there, since my dance teacher's daughter also went there.

JB: You started college as a Ballet major? How cool!

NR: I did! It was a very competitive program, and I really

enjoyed it . . . but we were kind of treated based on how we did on the scale, and our grades would reflect it. As a sophomore, I was given 2 weeks to lose 8 pounds, and was put on probation. After that, I did a lot of soul-searching to decide if this was what I really wanted to do. But I wasn't going to let them make that decision for me. I did terrible things, but I lost the 8 pounds, and I was reinstated. Then, I promptly went to the program director and resigned from the program.

JB: So how did you decide on Nutrition?

NR: I finished that year of school [in Utah] and then came home to North Carolina, and I decided to go to East Carolina University. I ended up joining a sorority, and my big sister in the sorority was a Nutrition major. She suggested that I take a class, and I really liked it!

JB: It sounds like it was a great suggestion! In fact, you've received several awards and recognitions for professional excellence. Which ones are you the most proudest of and why?

NR: Probably the most recent award, the Outstanding Adjunct Teaching Award at UNF! I definitely don't do this for the money. I do it for the self-satisfaction of contributing to the future of the profession. And students still keep in touch! To be recognized for that is a great honor.

JB: Does your dietetics background still play a part in your full-time work life today?

NR: It certainly has contributed, and I wouldn't have the job that I have now without having my background in dietetics. I still use it; it's just not how I make my living now. And I maintain my licensure even though I don't have to for my job at Mayo. I don't want to shut out any opportunities.



"You become a good leader because you make stupid decisions and bad mistakes, and you learn better sometimes from what you do wrong than what you do right."

JB: I see that you've held many leadership positions, both in your professional career and outside affiliations (and some in different organizations at the same time). Were you always drawn to leadership roles?

NR: Organizations are always looking for people to volunteer, and I've always found myself drawn to those positions. I'm often frustrated by disorganized leadership too, and rather than being a part of something that's disorganized, I'd rather just run it. That's also sometimes how I find myself in leadership roles. And being involved in those organizations, you can make friends and network. You never know when those connections will come in handy!

JB: What advice do you have for those of us who find ourselves in leadership positions in our careers, whether or not we planned it?

NR: I think that self-reflection is very important. First ask yourself, Do I want to be a leader? Don't do it if you don't want to, but if you think it's your passion, you can start to put yourself in leadership positions. Take little positions to start; nobody will turn down someone who volunteers to lead something! Then, reflect on your [performance]. Could you have done X, Y, or Z? Also, be open to other people's suggestions. When people give you negative feedback, don't be offended or upset. Instead, think, how can I take what they said and grow? You become a good leader because you make stupid decisions and bad mistakes, and you learn better sometimes from what you do wrong than what you do right. It's not something that happens overnight. But, if leading things isn't fun for you, don't do it.

JB: What do you enjoy doing in your spare time, if you can find any?

NR: I've always been active. Actually, I have always hated running, but about 10 years ago a friend suggested it because I wasn't really interested in cycling [with her]. I didn't have a good reason to say no, so I bought some

shoes and started training for the Donna Half Marathon, which I also ended up participating in. Then, I borrowed a bike to try out cycling. I liked it, so we started training for the MS 150, and now there's a group of us that always does the MS 150 together. After that, my friend and I decided to start doing triathlons, and we did the Hammerhead Olympic Triathlon (HOT) at Camp Blanding. I had a hip replacement in 2013, so I don't run anymore, but I've walked the 13.1 ever since. I also enjoy active volunteering with my church and I teach Sunday school for middle school aged students.

JB: You do so much! What goals and plans do you have for your future?

NR: In my career, I look forward to launching new things at Mayo. We're looking at doing consulting for education and helping other institutions initiate or improve their education programs. It's a revenue-producing activity, so it's more entrepreneurial for me. I've been with Mayo for 32 years, and I want to contribute to helping it grow and succeed. I have lots of energy and lots of ideas.

JB: On the first day of Management of Food and Nutrition Services I, you asked us all to tell you an interesting fact about ourselves. What would be your favorite interesting fact about yourself? You have so many to choose from!

NR: I think the triathlons! Most people don't look at "old ladies" like me and think that we can do anything like that!

JB: What final advice or wisdom would you like to share?

NR: Just some important advice in general is to take advantage of the resources and the people who want to help you, and then when you're in that role, do the same. Somebody helped us all get where we are, and it's really important to give back. It's not only helpful to the students, but it's also extremely gratifying.



SEEKING OVERWEIGHT WOMEN FOR A FERMENTED VEGETABLE STUDY

Fermented vegetables contain live bacteria that may confer health benefits when consumed. We are looking for overweight women between the ages of 18-65 years who are willing to consume fermented vegetables such as cabbage, carrots, and pickles, for 6 weeks, and to provide biological samples such as blood, urine, and stool twice during the study.

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SOCIAL INFLUENCES MAY BE HOLDING YOU BACK FROM YOUR GOALS

KEA SCHWARZ



American culture tends to focus on the individual. We go about our day assuming that we have the right to do what we like, as long as our actions don't foil with the actions of others. Taking a closer look at what it means to interfere with the actions of another, we see that the boundaries of our actions are broader than we may think.

Research performed by Henk Aarts et al, found that people are unaware that observation of others affects their own actions. People are affected by our behaviors even if they just hear about them. This means that we serve as an example for the actions of others. Just the same, the people you associate with influence you. This may be the reason you haven't been able to reach your fitness goals.

Studies have showed that the people you associate with may have an impact on your waist line. One study found that having one obese friend raised your risk for obesity by 57% over a 30-year time period. Overall, friends are found to be more influential than family especially through social media. Not surprisingly, offering friend-led weight management support was shown to reduce the risk potential of obesity. That is to say, if one person positively changes their body composition, they can greatly influence others in their social circle to the same.

It is not only important to be the change, but it's also crucial to take a look around you. Jim Rohn, an American entrepreneur, once said, "You are the average of the five people you spend the most time with." Those around you have a greater influence on you that you may think. It is important to surround yourself with the right people. The key is to look for magnetic energy. Find people you feel drawn to that share the same core values and goals that resonate with you. Find people that ignite your passions.⁴ The importance of social support in any endeavor cannot be overstated, especially in regards to your health. That being said, always remember all change starts within you. Therefore, it is encouraged to build support up within yourself, and find a group that can help you reach your goals.

1. Markman A. Your actions affect what others do. Even when those others are infants. Psychology Today. <https://www.psychologytoday.com/blog/ultimate-motives/200910/your-actions-affect-what-others-do-even-when-those-others-are-infants>. Published October 30, 2009. Accessed December 21, 2017.

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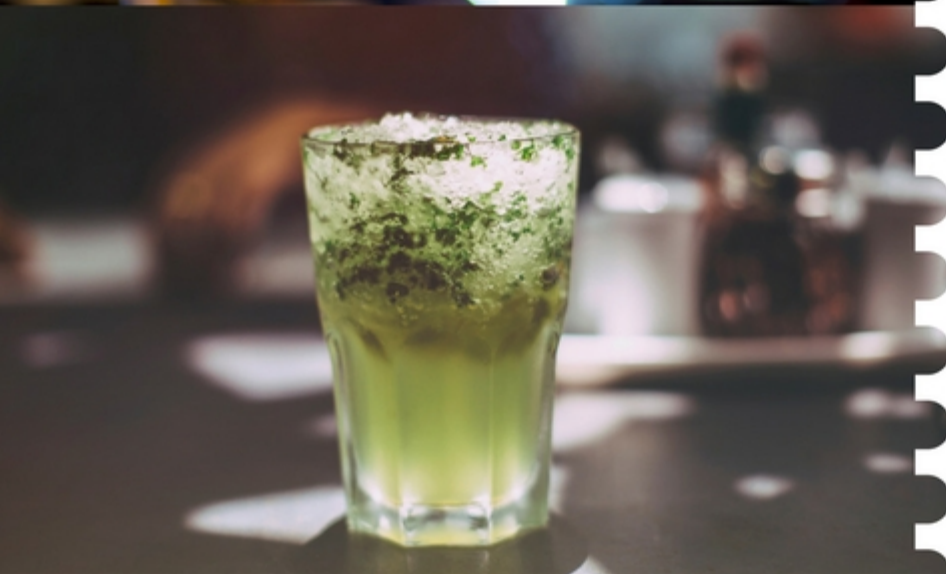
TO DRINK OR NOT TO DRINK



By
Victoria
Brown

As Jimmy Buffet so famously proclaimed, "It's five o'clock somewhere." However, a statement for the American Society of Clinical Oncology (ASCO) may have you thinking twice about happy hour. Alcohol consumption is a well-established modifiable risk factor for cancer. The research surrounding alcohol and cancer has shown a dose-response relationship, meaning that the higher the consumption of alcohol the higher the risk. This means that individuals who are considered moderate to heavy drinkers are at higher risk. Although, the classification of moderate and heavy drinking might be lower than you think. The chart below shows ASCO's definitions of drinking. It is also important to note that the public is often unaware of what constitutes a drink. A drink as defined by the National Institute of Alcohol Abuse consists of 1.5 oz. of 40% alcohol spirits, 5 oz. of 12% alcohol wine, or 12 oz. of 5% alcohol beer.

	Moderate	Heavy	Binge
Male	2 per day	4 + per day and/or 15 + per week	5 + in a single instance
Female	1 per day	3 + per day and/or 8 + per week	4 + in a single instance



While the type of alcohol consumed changes the volume that defines a drink, all forms of alcohol are associated with increased cancer risk. That is because the all from alcohol consist of ethanol, which is broken down into the body to become acetaldehyde. The acetaldehyde is the compound that is responsible for the increased cancer risk. Additionally, when looking to prevent cancer, it is best not to consume alcohol at all.

With this in mind, perhaps it is time to reevaluate our consumption of alcoholic beverages. Whether you are looking to completely eliminate or reduce your alcohol intake, let's discuss some strategies for getting past those cravings. If your nightly routine involves drinking, it may be helpful to change your routine. Instead of coming right home, perhaps you can stop at the gym for a workout, or take your dog or kids for a walk when you do get home. You can also try replacing your alcoholic beverage with a non-alcoholic option. For example, drinking sparkling water or kombucha from a wine glass may provide the same sensation without the negative impacts.

While it may not be reasonable to assume everyone will eliminate alcohol, it is important to be aware of the risks associated with excessive alcohol consumption. Additionally, vigilance in frequency and quantity of consumption are key in lowering the risk of overconsumption.



Mindfulness vs. Obesity

The rise of the obesity epidemic has increased the need for research conducted on weight loss and obesity-related behaviors. According to a recent meta-analysis study, results showed that mindfulness-interventions (MBIs) are moderately to largely effective in reducing weight loss and improving obesity-related eating behaviors.

Mindfulness can be described as the concept of being present in the moment. As nutrition professionals, we can promote mindful eating to engage positive behavior change when we relate this to eating behaviors. Overweight and obesity can be contributed to a variety of physiological and psychological factors. For example, it has been found that a lack of internal awareness has been associated with more episodes of overeating and a higher risk for weight gain. Additionally, emotional eating and stress eating have been associated with weaker skills in emotional regulation. Effective weight management requires continued self-monitoring of weight and food intake, in addition to an increased awareness of external triggers that drive overeating. Mindfulness-based intervention programs are thought to promote positive behavior change in people with overweight or obesity, so this has been the subject of many publications in the past.

Of the studies examined to be included within this meta-analysis, a total of 18 publications, 19 studies, were chosen. All of the studies included mindfulness-based programs, however the program content varied. The objectives of this study were as follows (i) quantify and compare the magnitude of the effects of MBIs on weight loss, (ii) investigate mindfulness' role in the effectiveness of MBIs on weight loss, specifically comparing the effects of formal and informal practices on weight loss, and (iii) to quantify effects and moderators of MBIs on psychological outcomes.

Results of this study showed that mean weight loss for MBI's at post-treatment was 6.8 and 7.5 lbs. at follow-up. Another objective was to determine the role mindfulness had in the effectiveness of MBIs on weight loss and found larger effects on weight loss in studies with a combination of informal and formal meditation practice compared to formal meditation practice alone. More research is needed to examine the long-term effectiveness of MBIs on weight loss and obesity-related behaviors.



Article by
BRITTANY MOCK

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CAN HIGH PESTICIDE PRODUCE AFFECT FERTILITY?

BY: SAVANAH HEIDEMAN



There was a recent study in Boston that was conducted to examine the association between pesticide residue intake from fruits and vegetables and the outcome of infertility treatments involving reproductive technologies. Previous animal studies have found the ingestion of pesticides can decrease the number of live-born offspring. This is causing some researchers to wonder if the same was true for humans. Pesticides have been found to disrupt hormones in animals and can subsequently interfere with pregnancy. Pesticide exposure has also been linked to lower semen quality in men.

The lead researcher, Dr. Jorge Chavarro, an associate professor at Harvard T.H. Chan School of Public Health, notes that there is still a need for deeper research on this topic before the findings are implemented into practice. The study used three hundred and twenty-five women undergoing assisted reproductive technology cycles at a fertility center. To determine the amount of pesticide residue each woman was consuming, their diets were assessed and the residues from the produce were validated based on data from the United States Department of Agriculture.

Women are less likely to reproduce if they eat large amounts of fruits and vegetables known to have high levels of pesticide residue. The study found women who consumed the most pesticide laced produce were eighteen percent less likely to become pregnant and twenty-six percent less likely to produce a live birth. A woman's chance of conceiving increased by seventy-nine percent and her odds of delivering a live birth increased by eighty-eight percent if once a day she switched a serving of high-pesticide produce for a fruit or vegetable with less pesticide exposure.

Does this mean couples trying to conceive should switch to purchasing all organic produce? Not necessarily. The reasonable approach is to thoroughly clean all fruits and vegetables while limiting exposure to high-pesticide fruits and vegetables such as: spinach, apples, strawberries, tomatoes, peppers, grapes, and kale. Produce with lower pesticide exposure (for example: avocados, beans, plums, onions, oranges, and cauliflower) can be purchased non-organic, and consumers can simply buy the organic versions of high pesticide produce. A helpful tactic is to use the Dirty Dozen (highly exposed to pesticides) and Clean Fifteen (less pesticide exposure) lists easily found online while grocery shopping.

Does Spicy Food Make You Less Salty?

SHANNON MCCARTHY



Is eating spicy food changing your taste buds and cravings? Some research shows that those who eat spicy foods may have less of a desire to consume salty foods. Spicy foods may increase salt sensitivity, which is what would cause the dampening in desire to consume salty foods. If this is true about consuming spicy foods, this is a positive thing, because a high sodium diet is negatively correlated with cardiovascular health. High salt intake increases blood pressure and could contribute to cardiovascular diseases. According to a study in China, as the spice consumption goes up, the craving for salt goes down. Foods like chili that dial up the heat essentially change the way the brain interprets salt or sodium intake.



As spice consumption goes up, the result is a notably reduced craving for salt, according to this study. The biggest consumers of spicy food were found to consume about 2.5 fewer grams of salt daily, compared to those with the blandest palates. Further studies are needed to determine if increased consumption of spicy food would have a favorable impact on health though. The heart benefits of a spicy diet remain to be seen.

One of the main purposes of the previous study is to reduce the amount of salt intake per day. This is relevant because Americans and the whole world in general, over consume salt. This overconsumption is a huge issue because it is diminishing our health. Hypertension and many types of cardiac events may be due to this over consumption of salt in the diet.

Most countries exhibit a traditionally high salt intake; thus, identification of an optimal strategy for salt reduction at the population level may have a major impact on public health. If people reduced the amount of added salt, and foods high in sodium from their diet, they would be less likely to have these cardiac events.

This is a little easier said than done because it seems that everyone has a different taste, even for the same foods. Not everyone in the world has the same taste buds or the same taste preferences. Different cultures are used to more spicy foods and more spices in general, verses some cultures or families who do not add spices at all to their food.

The American Heart Association advises consuming no more than a single teaspoon of salt; about 2,300 milligrams of sodium a day. This recommendation is not met by most Americans; salt is extremely over consumed. This is not just a problem in America though; the overconsumption of salt is now a worldwide issue. So, if eating spicy foods can actually damper the cravings and consumption of salty foods, it may be worth a try.

There is not extensive research on this subject and the results are not proven. Everyone is born and adapts to different tastes, so take this article and research with a grain of salt (or spice!). Use it more as an experiment with your own taste buds; try eating spicy foods for a period of time and see if your desire to eat salty foods really does decrease!



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Cutting Out Processed Foods: Simple Substitutions

CECILIA ENOS



“

We all live busy lives and often must balance health and nutrition

”

Groceries stores are packed to the brim with choices. Shopping is a series of decisions that need to be made. We all live busy lives and often must balance health and nutrition against the time and energy needed to make healthy meals. Many heavily processed foods in stores will save us time, but are often loaded with added salt, sugar, and are usually more expensive than low or unprocessed foods we could prepare ourselves. Then there are the snack foods that provide little nutritional value and are high in fats and sugars. There are ways to make substitutions to these processed food options that will make our diets more nutritionally balanced.



Many people start their day out with a quick bowl of cereal in the morning, before running out the door. These cereals are nearly always full of sugar and refined grains. An easy alternative is some steel cut oatmeal. It can be prepared sweet, by adding some berries, cinnamon, or no sugar added fruit preserves. Alternatively, it can be prepared savory by mixing in chopped nuts, tomatoes, or even curry spices. It is infinitely customizable and can be made in five minutes.

Some substitutions are as simple as trading out a refined grain for a whole grain. For example, trading out white rice for quinoa. Quinoa has fewer calories, a higher protein content, and 5 grams of fiber, as well as an impressive amino acid composition. It is a great alternative to refined white rice and can serve the same function as rice in most recipes.

The time required to cook is an issue for most of us, which is why so many people reach for a can of prepared tomato sauce when they need a quick meal. Unfortunately, canned sauces are packed with salt and sugar, which is why it is worth it to make your own. You can make it with fresh tomatoes, garlic, and herbs in large batches. It freezes well, so you can save individual portions and have instant tomato sauce just as easily as you could from a jar.

Canned soups are packed with large amounts of salt as well and are usually high in calories. Homemade soup is easy to make and easy to save. You can make a pot of soup on the stove in an hour and a half, or you can throw all your ingredients in a slow cooker in the morning and walk away until dinner time. Just make sure to use low sodium broth, and a variety of meat, vegetables, and beans to keep your recipes interesting.

Some of the least nutritionally viable processed foods are snack items like potato chips and crackers. They are high in salt, calories, and trans fats while providing very little in the way of nutrition. Instead of reaching for these, make a large batch of popcorn with an air popper, or look for oil and salt free microwavable bags, and season it yourself. You can add all sorts of savory spices to keep it interesting, like smoked paprika or a Caribbean jerk blend.

There are plenty of alternatives to processed foods that taste great and don't cost large amounts of time to prepare. With a little planning and some different choices at the grocery store, we can make a big difference in our diets.



“

*There are plenty
of alternatives to
processed foods
that taste great*

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IS ADULT ADIPOSITY ASSOCIATED WITH EARLY MENOPAUSE?

BY KATIE WOLF

Early menopause is described as the cessation of ovarian function before age 45. Early menopause is associated with higher risk for diseases including cardiovascular, metabolic risk, and cognitive degeneration. High and low adiposity has been studied and associated with reproductive function and impacting the time of menopause. Being underweight is unclear as related to early menopause.

In 1989, 116,430 premenopausal registered nurses aged 25-42 reported their height and weight via a questionnaire. The questionnaire calculated waist circumference and also weight changes and cycles. The weight cycling criteria included women who lost more than or equal to 20 pounds three or more times between the ages of 18-30. This study was conducted for 22 years. In this time frame, they had found that 78,759 nurses had early menopause and only 2,804 had a natural menopause. As you would expect, age was positively associated with BMI. Lean normal weight women with a BMI of 18.5-22.4 kg/m², underweight women had 30% higher odds of early menopause. Data showed that overweight women had 21-30% lower odds.

The conclusion drawn suggested that extensive weight loss may increase your chance for early natural menopause. Women who lost more than 20 pounds from age 18-35 had increased risk for early menopause compared to the women who had gained 5-15 pounds. The weight cycling women also had increased risk for early menopause.

However you look at the numbers, this study had several limitations. Some of these limitations included self-reported weight and height, premenopausal hormone therapy, amenorrhea mistaken for menopause, small variation between race, possible eating disorders (not recorded), or malnutrition in consequence for

menopause "ovarian failure".

Furthermore, since there were several limitations to this study, more research is needed to confirm if being underweight will cause early menopause. For the women who discover they have early menopause, they should watch for other health risk factors as well. Health risk factors including heart disease and osteoporosis, blood pressure and cholesterol may be seen. Infertility is a concern but so are the other risk factors that come with early menopause. This is why it is important to listen to your body, eat right, and try to live a stress free lifestyle.





Addressing poor nutrition in liver failure patients

BY HANNAH GIBSON

When it comes to patients with liver failure, poor nutrition is often a hallmark cause. Muscle wasting, weakness, and fatigue can become worse after a liver transplant, and it is important to provide proper nutrition to inspire the body to recover quickly. Muscle wasting is defined as a decrease in muscle mass, most commonly seen in bedridden hospital patients. According to Dr. Aldo J. Montano-Loza of the University of Alberta, “Muscle wasting is frequently overlooked in liver transplant candidates as nutritional assessment is not routinely carried out as part of clinical practice, and an accurate assessment can be complicated by obesity or fluid retention.”

Therapy for liver transplant patients is now moving in a positive direction with the inclusion of personalized diets with fish oil supplements and branched-chain amino acids, encouragement to exercise, and physiotherapy with the goal to prevent conditions like muscle wasting. For patients that do not have access to dietitians and exercise specialists, it is important that they receive the necessary information for proper recovery.



OLIVE YOU GLAD YOU GET TO LEARN ABOUT OIL

MICHELLE LANDMAN

THE HISTORY OF OLIVE OIL

How exactly is olive oil made? If you could guess, the oil is extracted from olives, which are grown on trees. It first was discovered in 1789 in California, although, it was not commercially available until the year 1871. Depending on how the olive is grown, it has been shown to be better for the use of oil than others. For instance, vigorous trees, that are grown with deep soil that has enough capacity to hold water is more suitable for oil extraction.



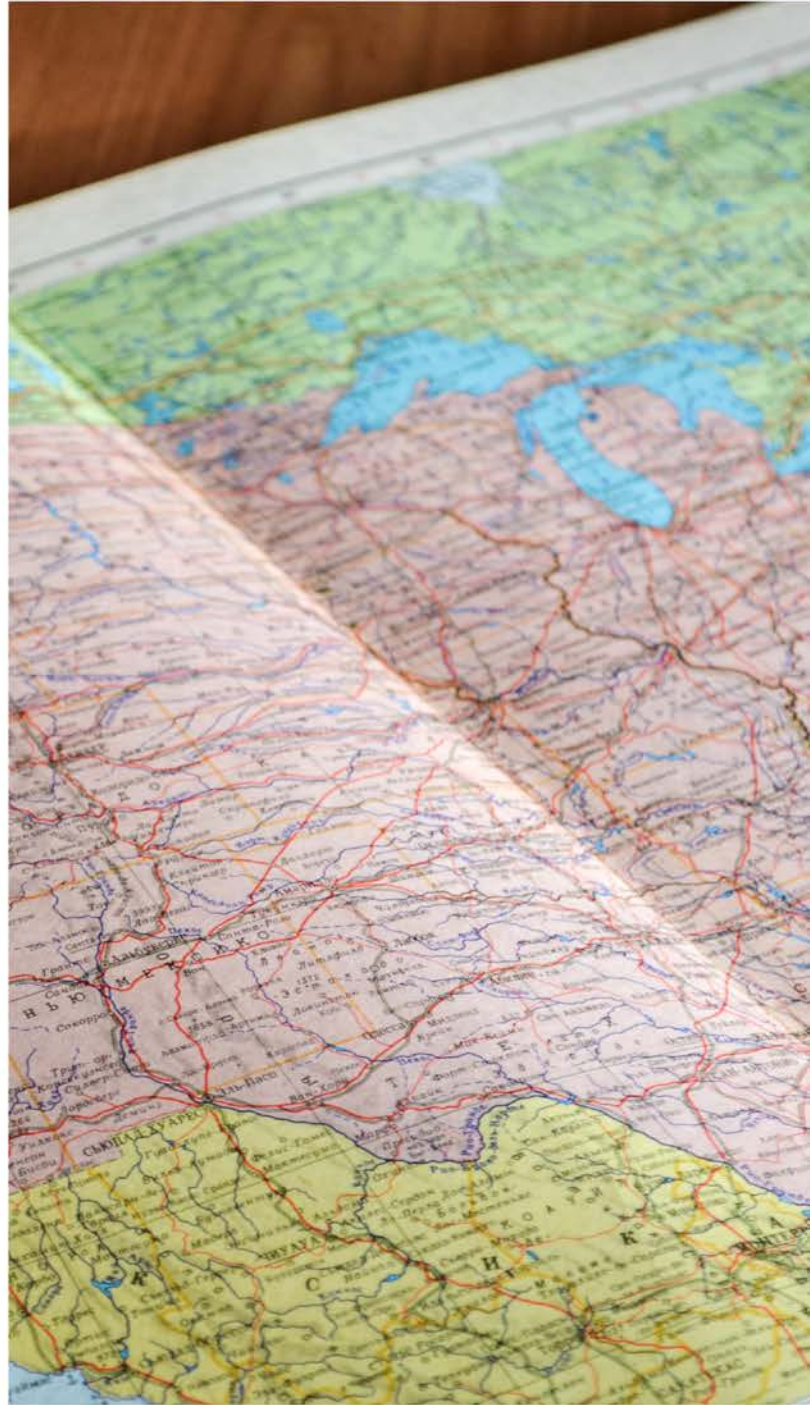
For those who don't know, olives are a fruit, due to the seed that is present in the middle. It is important to wash the fruit before processing in order to get rid of any chemicals and pesticides that could potentially be on the fruit. Olives need to be stored in temperatures between 40-45 degrees Fahrenheit. If the fruit is placed in a climate above 50 degrees, problems may arise. The olives must then be crushed in order for the olive paste to be excreted. Hammermills may also be used to make the paste, although due to the high speed, metal contamination is a possibility. Next, the oil must be separated from the paste. This can be done multiple ways including malaxation or using a traditional press. The waste then must be processed, and then the oil must be carefully stored. As you can see, making olive oil is a complex procedure. This may explain the reason why it is a pricier oil than others.

High Cholesterol In the U.S.

MALARIE WARREN



High cholesterol levels have been a major concern in the health community due to its role in serious health complications like the occurrence of a stroke, heart attack, and cardiovascular disease. Cholesterol is a natural, waxy compound in the blood that is used in the production of hormones, vitamins, and other important. The key to healthy cholesterol levels is balance. High Density Lipoprotein (HDL) levels, equaling no less than 40mg/dL. HDL is often referred to as protective cholesterol and should be higher than Low-Density Lipoprotein (LDL) levels. High cholesterol is often easily treated with diet and medication. A study published in October 2017, suggests that the prevalence of total high cholesterol has decreased from 1999-2000 to 2015-2016². Data was collected from nine 2-years cycles of NHANES data in which cholesterol levels were compared across age, gender, and race. It was found that non-Hispanic women had overall higher total cholesterol than any other group. Healthy People 2020 set a goal of reducing the rate of occurrence of high total cholesterol to 13.5%, which has been met by both men and women over the age of 20². The existence of disparities of smaller population within this analysis were acknowledged.



There are a number of different methods and opinions on dietary treatment of high cholesterol. Balance should be the primary goal, with a good ratio of HDL to LDL. Foods that boost HDL ("good" cholesterol) include olive oil, beans and legumes, whole grains, high fiber fruit, and fatty fish. Also try adding some extra exercise to your daily routine, and make sure your meals are balanced by using [choosemyplate.gov](https://www.choosemyplate.gov), which offers meal planning tips, helpful graphics, and health data.

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GO NUTS TO PREVENT HEART DISEASE!

HEATHER ALLEN



While nuts have been recommended as a method of preventing heart disease for some time, a recent study aimed to find associations between specific types of nuts and cardiovascular disease, coronary heart disease, and stroke risk. Previously noted in research, walnuts and peanuts had little to no known association with cardiovascular disease. Other types of nuts, such as tree nuts (which includes macadamia nuts, almonds, cashews, and pistachios), were included in this research study. The research found that compared to people who never consumed nuts, one or more servings of walnuts per week reduced heart disease risk by 20%, two or more servings of peanuts per week reduced heart disease risk by 14%, and two or more servings of tree nuts per week reduced heart disease risk by 15-23%. Interestingly, the researchers did not find any association between total nut consumption and stroke risk. However, those who consumed specifically walnuts and peanuts demonstrated a lower risk for strokes.

While Guasch- Ferre et al. found that the type of nut did impact the risk for heart disease, it is still recommended to consume a variety of nuts to decrease risks of many chronic diseases. While this research gives insight of specific types of nuts, the information is limited due to generally positive health effects of regular nut consumption. That is to say, people in this study who ate nuts more regularly, tended to have an overall healthier lifestyle which may have contributed to their lower risk of chronic diseases. Additionally, only Caucasian health professionals were included in this study, which limits application to the general public. Overall, the larger the quantity of nuts consumed resulted in decrease presence of heart disease and cardiovascular disease. Despite this, it is still important to consider that nuts are higher in calories and fats. Therefore, monitoring portion sizes and calories consumed is important, when adding nuts into the diet to prevent cardiovascular and heart disease.



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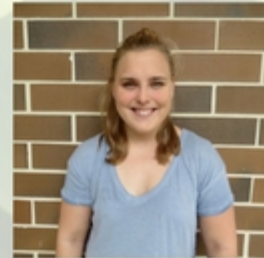
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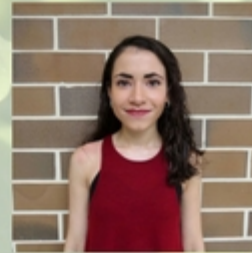
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shopping in season: *February*



BY JENNA WALLACE

Winter is upon us here in Florida! It's time to cuddle up in cozy blankets and be thankful we aren't stuck in a monstrous snow storm. This month, many hearty vegetables are in season, perfect for making a cozy chowder. My favorite combination is potatoes, cauliflower, sweet corn, celery, and bell peppers, all of which are currently in season and fresh. With a base of vegetable broth, some milk or cream, and spices, you've got an easy and delicious hearty winter meal. Throw in some mahi or shrimp for a seafood flare. Below, is a recipe for broccoli cheddar soup: perfect for an evening bundled up!

broccoli-cheddar soup

*RECIPE DERIVED FROM NICOLE MORISSEY AT PREVENTIONRD

Ingredients

5 Tbsp butter, diced in cubes
1 yellow onion, chopped
1 large clove garlic, finely minced
¼ cup + 3 Tbsp all-purpose flour
3½ cups whole milk
1 (14 oz can) low-sodium vegetable broth
½ cup half and half
4 cups finely chopped, fresh broccoli florets
8 oz (2 cups) freshly shredded sharp cheddar cheese
½ tsp salt and freshly ground black pepper, to taste

Methods

1. Melt butter in a stock pot or Dutch oven over medium-high heat. Once melted, add onions and cook, stirring frequently until soft, about 4-5 minutes. Add in garlic and flour, and cook for about 1 minute, stirring constantly.
2. While whisking, slowly pour in milk, broth and broccoli. Cook, whisking occasionally, until mixture begins to gently boil and thicken. Reduce heat to a simmer and allow to cook, stirring often, until broccoli is tender, about 5 - 7 minutes. Stir in half and half.
3. Remove from heat, stir in shredded cheese, mixing until melted. Season with salt and pepper to taste. Serve hot.

The Lunch Box: springtime veggie sandwich

BY: KATIE EVERS

One of my very favorite hors d'oeuvres is surely one of the simplest: radishes with butter and fleur de sel. The peppery bite of the radish is beautifully accompanied by creamy butter and slightly floral salt. I read about this treat years ago, discovering that it is a French favorite during the spring. I have grown to love radishes in other applications as well, delicately shaved on a fish taco or julienned on a salad for color. They are one of the loveliest springtime vegetables, often sold in little pink and green bouquets at the grocery store or farmers' market. This recipe is a simple one, inspired by a simple French hors d'oeuvre, meant to welcome the first signs of spring with bright colors, gentle spice, and a hearty serving of vegetables.



INGREDIENTS

Two slices of good quality whole grain bread
3 Tbsp. white bean hummus (store bought or homemade)

Mixed greens, 1-2 cups

Handful alfalfa sprouts

1 lemon, sliced into eights

4-5 radishes, stems removed and thinly sliced into coins

1 Tbsp. feta cheese, crumbled

DIRECTIONS

1. Toast both slices of bread. Smear each side evenly with hummus.
2. Nestle mixed greens into hummus on one slice of bread. Top with evenly layered radish slices. Sprinkle feta cheese on top.
3. Add alfalfa sprouts on top of vegetables and cheese. Squeeze one slice of lemon all over the sandwich fillings.
4. Top with other slice of bread and enjoy!



Superfood of the Month:

DARK CHOCOLATE

By Jenna Wallace

Don't worry, you read correctly. Dark chocolate is, in fact, packed with nutrients and definitely ranks as a superfood. This month, we are talking all about cardiovascular health and how positive diet changes can impart improved health outcomes for this disease. So how does dark chocolate fit in? One of the beneficial components of dark chocolate is the flavanoids. These are antioxidant that protect our immune system from toxins and manage cellular damage. Their role is very similar to another component in dark chocolate: antioxidants. You may be more familiar with these, as they're frequently discussed in relation to berries, as well as other fruits and vegetables. Antioxidants prevent oxidation in the body, which has been linked to increased LDL-cholesterol, which you may have heard referred to as 'bad' cholesterol). In cardiovascular health, you are looking to increase HDL-cholesterol levels and decrease LDL-cholesterol. Dark chocolate helps accomplish this due to the antioxidants and the healthy fats it contains. These healthy fats are similar to those in olive oil, and help to increase HDL-cholesterol levels.

The important nuance to realize here, is that milk chocolate does not contain the same amounts of these beneficial components. Dark chocolate has less fat and higher levels of flavanoids and antioxidants. So are you wondering how to incorporate dark chocolate into your diet, without overindulging? My favorite recipe is from Rachel Devaux (@rachelsgoodeats). Her cookie skillet recipe is packed with fiber and plant-protein, as well as yummy chunks of dark chocolate.

Cookie Skillet Recipe

INGREDIENTS

1 egg (or flax egg for vegans)
3 tbsp maple syrup
¼ cup coconut/olive oil
(if using coconut, be sure to melt it)
1/3 cup all-natural cashew butter
1 tsp vanilla extract
1 tbsp unsweetened nut milk
1 cup almond flour/meal
¼ tsp baking soda
¼ tsp cinnamon
½ bar dark chocolate chopped into small chunks
¼ tsp salt
8-in cast iron skillet

METHODS

1. Preheat oven to 325 degrees F.
2. Whisk egg* in large bowl then pour in maple syrup, melted coconut oil, cashew butter, vanilla and almond milk to whisk again.
*If using flax egg, mix 1 tbsp ground flaxseeds with 3 tbsp water and let sit for 5 minutes before adding to recipe in place of egg.
3. Stir in almond flour, baking soda, cinnamon and some of the sea salt. Fold in chocolate chunks, leaving several chocolate chunks aside.
4. Very lightly spray an 8 or 9-inch cast iron skillet (13-inch if doubling the recipe) with coconut oil then pour batter into the base and spread out evenly using a silicone spatula. Place the last several pieces of chocolate over the top, sprinkle sea salt, then place in the oven for 19 minutes on the center rack. Turn the oven on broil and cook 1- 1 1/2 additional minutes **Keep a close eye on it because it can burn quickly!

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LET'S TALK THE MEDITERRANEAN DIET



WHERE'S THE BEEF?

BY TREVOR SELVAGE



The Mediterranean diet aims to substitute fats that are associated with cardiovascular disease, such as saturated fats, for "good" fats, like monounsaturated and polyunsaturated fats. Saturated fatty acids are found in beef, lamb, pork, butter, cheese and other dairy products. Both fats are essential for the body but an abundance of saturated fats from processed red meat has shown to be a risk factor for cardiovascular disease. In the Mediterranean diet, red meat is cut out completely and substituted with skinless chicken, fish, beans, or lentils. The latter is what makes this diet so attractive for vegans and vegetarians alike.

When I bring vegan leftovers to my workplace, I get asked, "where is the beef?" all the time. Alternatives to beef are not common with my co-workers, so when they see me eating lentil patties or soy patties, they gasp. What

they don't know is how good vegetable options can be. Since I have been cooking for a vegan/gluten-free wife for a couple of years now, I have many good alternatives to red meat. Meat is considered a good source for protein, so when I was making this recipe I was thinking of a good source of vegan/vegetarian protein. Vegan/vegetarian sources of proteins are: beans, legumes, soy, peas, nuts, and seeds. Moreover, most vegetable proteins are lacking some essential amino acids so they need a complement protein to join them. The best example of complementary proteins is black beans and rice. This easy delicious black bean quinoa burger is a good way to substitute red meat and get all the macronutrients you need. Instead of asking "where's the beef?" when trying my black bean quinoa burgers, you will be asking "where can I get more?"

VEGETARIAN BLACK BEAN QUINOA BURGER

INGREDIENTS

1 cup of quinoa
1 tbsp of olive oil
2 cloves of garlic (minced)
Half of a medium shallot (minced)
¼ cup of carrots (¼ inch cubes)
¼ cup of red bell peppers (¼ inch cubes)
1 can of black beans
2 tbsp of cumin
1 tsp of smoked paprika
1 tsp of coriander
1/2 tsp of cayenne pepper
1/2 tsp of dried oregano
Salt and pepper to taste
1 large egg (lightly beaten)
¼ cup of fresh cilantro (chopped)



INSTRUCTIONS

- 1) First, rinse and dry the quinoa. Then bring water to a boil and add the the quinoa to the water while bringing the water to a simmer. Once quinoa is cooked, let it sit for about ten minutes.
- 2) While quinoa is cooking, put olive oil in a saute pan and wait till it heats up. Add shallot and garlic and cook till shallots are translucent. Then, add bell pepper and carrots and cook until tender. Take it off the heat so it cools down.
- 3) Take your black beans and throw them in the food processor. Process until mushy, with some beans still intact. Add the pepper and carrot mixture along with the spices. Then coarsely chop the ingredients by tapping the process button. You want it to be mushy but with chunks of peppers and carrots.
- 4) Add black bean mixture and cooked quinoa in a mixing bowl and evenly combined. Then, add the egg(Skip if vegan). Once mixed together add the fresh cilantro. Then form the mixture into four patties. (I like to form big burgers so I made four patties but you can make them any size.)
- 5) You can bake or saute them until they are crispy on the outside. It goes great with avocados, salsa, and kale, but it's your burger now, use whatever you want!

The Mediterranean Diet for Heart Health



BY
ANIELLY
ROCHA

The Mediterranean diet is based on an entire dietary pattern or lifestyle rather than a regular diet which only focuses on excision and inclusion of particular foods. The basis of the Mediterranean diet is to eat minimally processed foods; such as: fruits, vegetables, nuts, whole grains, low fat dairy, fish and healthful fat from olive oil. Highly processed and refined carbohydrates, processed meats, trans fats in processed foods, and sugar-sweetened beverages are consumed very minimally, if at all. The benefits of consuming a mainly plant-based diet means that you naturally introduce extra vitamins, minerals and fiber in comparison to a non-plant-based diet. For these reasons alone the Mediterranean diet has gained quite the popularity in the nutrition world in comparison to other diets.

Nuts, beans, legumes, and seeds are essential whole foods added to most Mediterranean dishes. They not only provide healthful fats, protein, and fiber to the diet, but they infuse flavor and texture into dishes and make for great

on-the-go snacks. Nuts contain approximately 13-18g of fat and 160 to 200 kcal per 1-oz serving. However, the fat in most nuts, such as almonds and hazelnuts, are primarily monounsaturated and polyunsaturated fat. Even better, nuts provide 1-7g of protein and 1-3g of dietary fiber per ounce. Their heart-healthy benefits has drawn the attention of most health experts. Therefore, most nuts have a FDA-approved health claim that states, "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."

Since we know that nuts are so great for our heart health and they're part of a balanced diet, a great way to incorporate nuts include: adding them to salads, cooked vegetables, pasta



dishes, and even soups and stews to add crunch and flavor. Research and guidelines recommend a portion size of 1.5 oz, which is approximately one handful. For optimal health benefits, it is recommended to eat 1/4 cup of nuts more than five times per week for optimal health benefits. When eating nuts as a snack it is important to be aware of portions to prevent overeating. Tips to avoid this include: using a portion-control

container, placing a certain number of nuts into snack bags, or using a 1/4-cup scoop to serve from a larger container.

This Baklava Energy Ball recipe is a fun twist to a popular Mediterranean dessert - Baklava! There is just something about pistachios and honey that is so sweetly satisfying. This dessert is full of protein, fiber and heart healthy ingredients we're looking for in a mid-afternoon pick me up snack!

Baklava Energy Balls

YIELD: 15 1-INCH BALLS

TIME: 15MIN

PREP TIME: 15MIN

INGREDIENTS

1 cups medjool dates (pits removed)
1/4 cup roasted almonds
1/4 cup almond butter
1.5 Tablespoon chia seeds (optional)
1/2 cups old-fashioned oats (dry, not cooked)
1/4 cup salted shelled pistachio nuts
2TBS of raw honey for dipping

TO MAKE:

1. Crush both the almonds and pistachios in separate plastic lunch bags.
2. Combine dates, crushed almonds, almond butter, chia seeds and oats in bowl until a sticky dough forms. (If dough is not coming together, add one tablespoon of almond butter and continue mixing.)
3. Form dough into 2 tablespoon-sized balls.
4. Dip the balls first in the honey and then in the crushed pistachios.
5. Cover and refrigerate for at least 30 minutes before serving. Store in an airtight container for up to a week.



that's egg-tastic!

The Mediterranean diet is a diet that is built on the foundation of eating healthy minimally processed foods with the company of others. One beneficial source of protein in the Mediterranean diet is eggs. There are a variety of eggs that are available, like cage free eggs (chickens that are not kept in cages), and there are even omega-3 eggs. These Omega-3 eggs are laid by hens that are fed flax seed. The ALA in the flax will break down into DHA and then stored into the yolk. Eggs have had a negative reputation in the past for their cholesterol content and serum cholesterol levels, which is a potential risk factor for heart disease. According to the USDA, one large hard-boiled egg contains 182mg of cholesterol. However, present research has shown that eggs being "bad" for you might not be true.

A randomized, controlled, single-blind, crossover trial of 32 adults were randomly assigned one of three breakfast diets and were monitored for 6 weeks with a 4 week was-out period. The first diet consisted of a breakfast with 2 eggs, the second breakfast was with $\frac{1}{2}$ cup Egg Beaters, and the third was a high-carbohydrate breakfast (set as the control). At the end of the trial, endothelial function was measured as flow-mediated dilatation. Results from this study showed that a daily consumption of eggs had no adverse effects on flow-mediated dilatation, lipids, blood pressure, or body weight. This means that including eggs in your daily diet will not alter your blood cholesterol levels. The Mediterranean diet is followed by many and has various beneficial effects. This diet has shown anti-inflammatory and antioxidative effects, a 20%-23% reduced risk of developing type 2 diabetes, and improvement of glycemic control and cardiovascular risk factors. With all this in mind, I would say that it is time to crack an egg open and make something delicious!



By Marissa Schwam

Mediterranean Eggs

(Shakshuka)

ingredients

5 tablespoons olive oil,
divided
2 medium Spanish onions,
diced
2 red bell peppers, diced
2 cloves garlic, minced
1 teaspoon cumin seeds
4 large ripe tomatoes, diced
1 tablespoon honey
Salt and freshly ground
black pepper
4 eggs
1/3 cup crumbled feta
1 teaspoon za'atar spice
Grilled pita, for serving

procedure

Heat 3 tablespoons of olive oil in a large saucepan over medium heat. Add the onions, red pepper, garlic and cumin seeds and saute for a few minutes. Add the diced tomatoes and honey and season with salt and pepper. Cook on medium heat until the ingredients come together into a light sauce, about 10 minutes.

Break the eggs directly into the sauce, cover and poach just until the eggs whites are cooked and the yolks are still runny, 8 to 10 minutes.

Garnish with some feta, the remaining olive oil and za'atar spice. Serve with grilled pita.

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ARTICLE BY TYGUE CLAUSEN



A focus on the Mediterranean Diet is very prominent in cardiovascular health interventions. Within this specific diet, fish consumption is emphasized and encouraged in order to obtain the daily recommended intake of Omega-3 fatty acids. Fish like salmon (all kinds), anchovies, trout, and albacore tuna are great sources of these fatty acids. Omega-3 fatty acids are key proponents in cardiovascular health for a number of reasons, some of which are inflammation, platelet activation, and blood pressure maintenance. These fatty acids found in relatively high amounts within these fish will, ultimately, serve as anti-plaque building agents within our bodies, thus, lowering the accumulation of plaque along the walls of our arteries. Plaque

accumulation within our arteries, also known as atherosclerosis, is one the most prominent symptoms and ailments among cardiovascular disease patients. Without the accumulation of plaque, blood pressure will drop to a healthy level and platelet cells won't be able to cling to the walls of blood vessels.

The only down side to consuming fish often is the amount of mercury that you are ingesting as well. Fish are known to contain mercury, and too much can be problematic. Yet, just like Omega-3 fatty acids, levels of mercury are different between various types of fish. The Washington State Department of Health released a "Healthy Fish Guide" that shows which fish are good to eat often

and which are the ones to steer clear from. Fish high in mercury tend to be mackerel, marlin, shark, swordfish, and tuna steaks.

Implementing fish into your diet can be a rewarding health endeavor and the best part is that sources of fish are everywhere and they're extremely easy to cook. Due to the lack of collagen/connective tissue in fish (when compared to beef or poultry), cooking times are practically cut in half. This delicious 'Salmon with Lemon, Capers, and Rosemary' recipe is a worthy one to try and packed with ingredients that deliver a hearty helping of Omega-3s. Ready and on the table in a total of 20 minutes this is a quick and easy dinner or even meal prep idea. Enjoy!

"SALMON WITH LEMON,
CAPERS, AND ROSEMARY"
RECIPE



salmon with lemon, capers, and rosemary



Ingredients

- 4 4-ounce skinless salmon fillets, about 1 inch thick
 - 1/4 cup extra-virgin olive oil
 - Kosher salt and freshly ground black pepper
 - 1 tablespoon minced fresh rosemary leaves
 - 4 lemon slices
 - 4 tablespoons lemon juice (from 1 large lemon)
 - 8 tablespoons Marsala wine
 - 4 teaspoons capers, drained and rinsed
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill.

Directions

1. Put each salmon fillet on a piece of foil large enough to fold over and seal.
2. Brush the salmon on both sides with olive oil; season with 1/2 teaspoon each salt and pepper, and the rosemary.
3. Top each fillet with 1 lemon slice, 1 tablespoon lemon juice, 2 tablespoons wine and 1 teaspoon capers.
4. Wrap the salmon tightly in the foil packets.
5. Put the foil packets on the hot grill pan or grill rack and cook until medium, 8 to 10 minutes.
6. Transfer the foil packets to plates or shallow bowls and serve, letting everyone open the foil.

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